

The Most Successful Hike & Bike Ever!

More than 7,000 in Attendance!

Thanks to all who came out and made our September 6th Labor Day Hike & Bike at Waterfront Park the most successful ever! More than 7,400 bikers and hikers were there to take to the streets to enjoy our city and celebrate how far the Healthy Hometown has come in just 6 short years! Our thanks also go to Subway Restaurants for continuing to sponsor this terrific event. Go ahead and mark Memorial Day on your calendar for the next exciting Healthy Hometown Hike & Bike! For more info and to see photos from the day go to www.louisvilleky.gov/healthyhometown.



Healthy Hometown Hike Scheduled for Saturday, October 16th

If you missed the Hike & Bike, you still have a chance to enjoy the fall colors on foot. Join Mayor Abramson for the Annual Healthy Hometown Hike in Jefferson Memorial Forest, Saturday, October 16th, starting at 10 am. This family friendly event includes a variety of levels of hikes from novice up. Plenty of activities and FREE T-shirts available. For more info, go to www.louisvilleky.gov/healthyhometown.

Healthy Hometown Retreat Gets Results

Thanks to all of those who participated in our Healthy Hometown Advisory Council Planning Retreat last month. Nearly 50 attendees participated in small themed groups to help shape the structure and priorities of the Advisory Council going forward. PHW staff served as facilitators and discussion included specific strategies outlined as part of the Putting Prevention to Work grant from the CDC, how the strategies overlap with the Healthy Kids, Healthy Communities grant from RWJF, as well as a visioning exercise for a healthier city. A report, including recommendations, is currently in development and will be distributed when complete. For more information, contact marigny.bostock@louisvilleky.gov.

New “Healthy in a Hurry” Corner Store Opens in Shawnee Market



Mayor Abramson, Dr. Troutman and the YMCA CEO Steve Tarver were all on hand to celebrate the

opening of Louisville's second “Healthy in a Hurry” Corner Store.” Located in the Shawnee Market in the Shawnee neighborhood, the fresh produce section is designed to provide healthier food choices for area residents. Funded through the PPW grant, the “Healthy in a Hurry” part of the store qualifies for discounted produce and technical assistance from the YMCA's new Healthy in a Hurry Corner Store coordinator. A large

number of members of the Shawnee Neighborhood Association turned out to champion this new initiative which seeks to reduce and eliminate “food deserts” in our community.



Produce Sales topped \$800 in the first week at the Shawnee Healthy in a Hurry Market!

Walkability Assessments Engage Residents in West End Neighborhoods

The “Russell Stroll” is the next event to take place in West Louisville. Residents and volunteers will gather at LAMP Community Ministries on October 12 at 5pm to “take to the streets” and assess walking conditions in the neighborhood. Part of the Healthy Kids, Healthy Communities program

funded by the Robert Wood Johnson Foundation, these audits are producing reports and maps that guide improvements to the physical environment in Louisville neighborhoods with the help of our partners at Planning & Design Services. Improvements have already been made in the Smoketown and Portland neighborhoods to improve the walkability and safety of the streetscapes.

If you're interested in participating, contact SteVon.Edwards@louisvilleky.gov.



California Collaborative members gathered at Victory Park in August for the “California Stroll.”

Worksite Wellness Committee to Host “Wellness Conversations”

The **Healthy Hometown Worksite Wellness Committee** (WWC) assists employers in Louisville Metro in promoting the health of their employees via worksite wellness programs. The WWC

has established a series of “roundtable” discussions – based directly on feedback from the annual Worksite Wellness Awards Conference – the first focuses on engaging leadership in supporting wellness and engagement and will take place Thursday, October 7, 11:30am-1pm at the downtown YMCA Association Office. For more information, please contact Megan.LaFollette@louisvilleky.gov.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings:

All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

Food In Neighborhoods	November 1 5:30 pm	Downtown YMCA
Schools	October 21 10 am	Gheens Academy room 208
Worksite Wellness	October 21 8 am	Baptist East Milestone Wellness Center
Step Up, Louisville!	TBA – contact John.Eisinger@louisvilleky.gov for subcommittee Information.	

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News

International Walk to School Day (<http://www.walktoschool.org/>) is tomorrow! (October 6th). Safe Kids Louisville is hosting the “Safe Kids Walk this Way” event at Louisville's King Elementary School at 4325 Vermont Avenue followed by a walk to Shawnee Park and a picnic lunch. Email Marigny.Bostock@louisvilleky.gov for more details.

American Heart Association FREE Healthy Family Training Camp will be held Friday, October 8 from 5-7 pm at the U of L Bass-Rudd Tennis Center, 350 Warnock Street. Learn about the benefits of family fitness, take part in health screenings, and meet special guests from the U of L Athletic Department. Each family will receive a FREE CPR Anytime kit. Includes FREE admission to the Women's Soccer Team game against Villanova at 7 pm. RSVP by October 5th to Cindy Schnell at 502-371-6040 or cindy.schnell@heart.org.

Stone Soup Community Kitchen is holding its last event of the season on **October 16** at the Refugee Agricultural Partnership Gardens at New Heights Baptist Church on Southside Drive. Participants will prepare a meal together that everybody shares, with food from local farmers markets (yes, many are still open!) The event starts at 4:00pm and ends at 7:00pm. Enjoy a full cooking experience, from prep to clean up! This event is FREE and FUN for the WHOLE family and will create a sense of community through cooking! For more information visit www.stonesoupky.org or call 585-5110. Stone Soup is a program of Community Farm Alliance, “Where real change comes from the ground up.”

Save the Dates! October 19-21

Sustainable Communities Design Workshop
Fern Creek Fire Station, #2, 9409 Bardstown Road

This three-day interactive community workshop will be held to explore the idea of sustainable communities and mixed use "centers." The workshop provides an ideal setting to explore how the "centers" idea can work for Fern Creek, and in turn, how this area can serve as a model for other parts of Louisville and the region. Activities for the workshop include formal presentations; group discussions (focusing on design, transportation, housing, neighborhoods, environment, open space, economic development, and land use); and open design studios. For more information on the Sustainable Communities Design Workshop, please call Louisville Metro Planning and Design Services at 502-574-6230; or go to: www.louisvilleky.gov/PlanningDesign/Neighborhood+Plans/SGIA.htm

The **Mayor's Healthy Hometown Movement News** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all **Healthy Hometown** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

The **Mayor's Healthy Hometown Movement** is made possible by grant funds from the Communities Putting Prevention to Work Initiative through a CDC cooperative agreement and Healthy Kids, Healthy Communities, a national program of the Robert Wood Johnson Foundation.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at marigny.bostock@louisvilleky.gov.